COPE FORUM
Cambridgeshire Older People's Enterprise

Newsletter No.69 **August 2010**
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(This Newsletter is on our website please contact Rhona if you prefer to read this on the web and not receive a paper copy)

Dear Member

There is so much going on at the moment that it is difficult to know where to start and what to include in my own contribution to this Newsletter.

We have just had our AGM which was one of the best we have had and I would refer you to the report of the meeting on page 8 and just add my own thanks to all those who helped in so many ways. As always, special thanks to Robert and Rhona – without whose work and energy it would be very difficult to even consider arranging.

Work and Research is still going on relating to several matters such as Shopmobility, discontinuation of cheques, etc and you will find reference to some of this in the Newsletter.

You will also see from the notice, which follows my letter that it has been decided that bulk delivery to Councillors and some others will be discontinued.

Finally, now that the Government is asking the civil servants to suggest where savings can be made we would be pleased to have **YOUR** views and individual suggestions as to what you think could be done to improve the pensioners lot! – See what Robert says below.

Best wishes, **Maurice Garner**, COPE Chairman

- Due to growth, increased costs and financial constraints the **Newsletters** will in future be sent only to individual City, County and District Councillors who are members of COPE, instead of bulk delivery.
- The COPE Newsletter, can be viewed on our website - www.cambridgecope50.org but enclosures are not uploaded i.e 'COPEing with' leaflet series or consultation papers from other Agencies
- Parish Council Clerks, Dental Surgery and Doctor Surgery Managers who find the COPE Newsletter useful for their contacts, can also join COPE as members and continue receiving them.
- Anyone under 50 years of age can join COPE – as an '**Associate Member**'.
- Telephone 01223 364303 for a **free** COPE Membership Form or join via our website.

Robert Boorman, COPE Treasurer and Spokesman reports from AgeUK:

Taking part locally

- **The Government has promised radical devolution and greater financial autonomy to local government and community groups. This will include a review of local government finance.**

We welcome an increase in freedom for local government and their partners to determine and address local priorities and needs. However it is essential that devolution and greater autonomy result in the improvement of service provision across the board, not postcode lotteries of quality.

- **The Government has said they will freeze Council Tax in England for at least one year, and seek to freeze it for a further year, in partnership with local authorities.**

People in later life will welcome frozen council tax bills, as long as this is not linked to cuts in services they rely on. The review of local government finance should consider the reform of council tax in the long term to ensure it is affordable and equitable.

- **The Government has promised to introduce new powers to help communities save local facilities and services threatened with closure, and give communities the right to bid to take over local state-run services.**

This is welcome as in later life local amenities can make the difference between being able to take part and feeling trapped indoors. Older people need communities, which support local services such as corner shops, pubs, post offices and local small businesses. People who need care and support and their Carers are often isolated, yet there is enormous scope for new models of care and support based on neighbourhood and co-operative groups that bring people together and involve them in running their own care services. **COPE urge members to become involved and to volunteer.**

To me the "Happy Hour" is a nap in the afternoon
Making light of old age is our privilege

"OUR STRENGTH IS IN OUR NUMBERS" - 1

Happy Birthday to our older and wiser members for the month of August

Audrey Adams	Edna Allars	Sheila Arnold	Brian Ashman	Freda Aspinall	Stanley Badcock	Felicity Barnes
Brian Baldwin	Daphne Balser	Terry Barham	Sue Bedbrook	Colin Bate	Anthony Bottoms	Richard Boorman
Mary Bird	Joan Bird	Sylvia Black	Doris Bradshaw	Mike Barry	Madeleine Brinton	Shaku Buhecha
Mary Brown	Hazel Bruce	Mrs M Buckle	Veronica Burns	Sylvia Calvert	Paul Chambers	Gordon Charlesworth
Mr J Chambers	Barry Channell	Jane Chapman	Mrs E Chardin	Francis Clarke	Peter Collingwood	Dinos Constantinou
Daphne Cloke	Joan Collin	Mrs K Colyer	Celia Conway	Richard Coster	Margaret Cowling	Betty Cullingworth
Roger Crabtree	Sue Cracknell	Sunita Datta	Marjorie Davies	Mary Domvile	Janet Cresswell	Derek Desborough
Barbara Di Vita	Betty Dorling	Trevor Ealey	Mrs J. Eastwell	A Elsegood	Desmond Elbourne	Eileen Drummond
Hilary Firth	Don Fisher	Les Fordham	Mrs C Fordham	Margaret Fenn	Margaret Farrell	Beryl Fairweather
Cherry Fraser	Joan Freeman	Tricia Girdler	Trevor Goddard	Susan Gray	Audrey Gawthrop	Doreen Gillingham
Eric Goodacre	Jackie Grant	Jill Hall	Brian Hancox	Vera Haycock	Margaret Greene	Arthur Henderson
Gillian Haynes	Lewis Herbert	Alan Herwig	Mrs M Hoblin	Bettine Hodson	Josephine Hodges	Alison Hornsbury
Marilyn Hulyer	Shirley Hunter	Sandra Hyde	George Hyslop	Frances I'Anson	Peter Hunneyball	Manel Jayasuriya
Helen Johnson	David Imrie	Glynis Ireland	Ron Jowitt	Ivy Jolley	Dorothy Jowitt	Kenneth Kelman
Ronald Jones	Peter Kerslake	Eric King	Jo Knight	Mary Lalevee	Gweneth Kightly	Dorothy Leonard
Janet Layton	Dr W Leat	Ben Lee J	Joyce Leigh	Inge Lill	Mrs E Lothian	Mr Nanu Madlani
Joyce Lemmon	John Leonard	V McFarland	R McNally	Barbara Megson	Sylvia Mansfield	Elisabeth Marseglia
D R Mepham	Ed Merchant	Phyllis Mills	Doris Moore	Thomas McNeela	Veronica Mepham	Charmian McCann
C Mumford	Anne Nagy	Lillian Norden	Mrs I Norman	Marian Murdoch	Penelope Merry	Maria Mierzejewska
Cynthia Norris	Audrey Passey	Snehlata Patel	Peggy Pawley	Mrs E Pamment	Lesley Percival	Lilian Pritchard
Ronald Payne	Carol Pearson	Helen Phillips	Rosalie Picton	Mike Poundes	Gill Prangnell	Maurice Reynolds
Merle Pink	D Potter	Beryl Powell	Audrey Preece	Mr J Prior	Miss E-J Pugh	Stanley Robertson
Julie Rash	Walter Reeve	Joyce Reynolds	Mrs V Ratcliffe	Patrick Reynolds	James Robertson	Judith Rothwell
Marjorie Ryle	Audrey Sadler	Hamid Sanami	A Scott	Christine Sansom	Maureen Simpson	Georgina Smart
Lena Searle	Freda Seffen	Raj Shah	Dr B Stark	R Skates-Wilson	Kenneth Starling	Margaret Thorpe
Peter Sutton	Hazel Swann	Dawn Talbot	Jenny Taylor	Linda Taylor	Dorothy Taylor	Jane Thorp-Cockrill
Mrs E Taylor	Beryl Tebbit	Sean Terrell	June Tester	Grace Toates	Richard Todd	Geoffrey Waters
Terry Walker	Glynis Watts	Derek Wilkin	Mrs L Wayment	David Warford	Christine Wells	Christopher Wilkinson
Joe Williams	Janice Wilson	Susan Wilson	Jeffrey Withers	Rosemary Woodley	Mrs T Williamson	Daphne Wilderspin
Jean Wright	Irene Wright	Sue Young				

Did you Know ~ ~ ~ ~ from ***Margaret Hobbs*** and **Rhona Boorman**

- The emergency medical charity Magpas is now known as **Helimedix**.
- Research has shown that **low salt** makes healthy foods 'too bitter' for many shoppers.
- A survey says that Britain's smallest bird, the **Goldcrest**, was almost wiped out by the cold winter.
- The only animal currently capable of living for 150 years is the **giant tortoise**.
- Someone is **conned** out of money online every seven seconds – an average of £285 per person.
- Nearly a quarter of Britons have spent the majority of their **salary** within two weeks of getting paid.
- Range Rover celebrated its **40th** birthday on June 17th 2010.
- The University **library** boasts a collection on books relating to the First World War
- Tea is as hydrating as **water** and boosts the immune system.
- The **NHS** loses 800 patients' private files every day. The missing information includes personal health records, diagnosis or details of treatment.
- Car parks in Cambridge made a **profit** of £1.4 million last year.
- According to a poll, Britons find their **partners** more stressful than their bosses.
- The first **gold coin** struck in the name of an English king sold for £30,000.
- When purchasing tickets (in person) at the Cambridge Arts Theatre you pay an extra £2 per ticket, not per transaction!

Nigel Bolitho's Financial Section on "the Emergency budget benefits oldies"

Chancellor George Osborne described the Budget as "the unavoidable Budget" in which spending cuts outweigh tax increases by a ratio of 77% spending cuts to 23% tax increases. State scroungers are going to get a shock and higher rate taxpayers are going to pay a lot more tax. But most oldies should be better off as long as they plan their finances carefully. For starters, the personal allowance will rise by £1,000 from next April, while it appears that the age at which somebody HAS to buy an annuity is going to be scrapped. Until the Budget it was, more or less, compulsory to draw a private pension at age 75; now that limit is being put back to 77 and may well be abolished. Until the budget it was possible to delay drawing a pension past age 75 but the end results could have been either a tax charge of 82% or money on death being given to a charity. Good news too that ISA rules are left unchanged and excellent news that from next April state pensions will rise by the highest of three factors: earnings or prices as measured by the consumer prices index or 2.5%. Mr Osborne has also confirmed that so-called "shared lives carers" will be able to claim an income tax allowance when looking after adults or children in their homes. All in all, it's a rather good Budget for oldies.

Disclaimer: Everybody's personal finances are different. Topics in this section may or may not be appropriate to you. Seek Independent Financial Advice before investing. (See page 14 for advert)

"I am very sorry to learn that Nigel of East Cambridgeshire has been receiving some abusive telephone calls from members about my article on higher yielding fixed interest securities. If you want to rant at Nigel of the West, I am on 01954 251521/email Bolitho@enterprise.net/fax 01954 252420, The point of the article was to alert people to what is available in a low interest scenario. You, the investor, have to weigh up the risks and rewards and, if necessary, take independent financial advice. If you would like further information including fact sheets, let me know."

You really know you are getting old when you bend over to tie your shoes and wonder what else you can do while you're down there

"OUR STRENGTH IS IN OUR NUMBERS" - 2

July Search from **Brian Halls**, Bar Hill,"

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Place the 27 three character tiles listed below in the grid above to form nine letter words associated with the Summer, reading horizontally and in alphabetical order

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LER	LER	NMO	ONS	PAS	PBE	RAS	RRY	RRY
SEA	SEN	SID	SPR	TIV	TRA	VAC	VEL	WER

Solutions for July Search – dragonfly, enjoyable, festivity, fruiterer, gregorian, landscape, passenger, quintiles, riverside

Eta Sanderson's Food corner – **Stuffed Peppers**

Ingredients:

75g of risotto or paella rice
Oil or cooking fat of your choice
A large onion pealed and chopped
One clove of garlic
400g tin of chopped tomatoes
1 egg
250g of minced pork (or lean pork if you have a food processor)
250g of cooking bacon (obtainable from supermarkets)
5 good sized peppers (preferably yellow or green)
1 litre of stock of your choice made from stock cubes.
Salt, ground pepper, paprika, tomato purée and corn flour for thickening

Method:

Rinse the peppers in cold water, cut carefully around the top, remove the stalk with the seed house and any seeds from inside, set aside. Par boil the rice in some of your stock and let it cool. Finely chop or blitz your bacon and meat (if not minced) Chop and cook your onions until glassy add paprika and garlic, cook for and other minute then add the meat and bacon, turn up the heat and seal by continual stirring, let it cool. Put meat, par boiled rice in a bowl stir to a uniform mix, season to taste, and blend in your beaten egg. Fill the peppers with your mix, taking care not to split them. Empty your tin of chopped tomatoes into a large saucepan with the remnants of your stock, bring to simmer add some tomato purée and your peppers and keep it gently simmering for about an hour. Probe with skewer or fork to test. When satisfied that it is cooked and find that the sauce is too liquid, take some out and thicken with corn flour. Can be served on its own with bread or with boiled new potatoes.

Changes to **STAGECOACH** and NORFOLK GREEN services. For info Telephone 01223 423 578 or 01553 776980

Trevor's Corner (**Trevor Grigg** – 01223 834500)

Never really regarded myself as a Tea and Scones man but two afternoon occasions recently in glorious sunshine have persuaded me into a rethink. Georgie and I refreshed ourselves in a fund raising event adjacent to Coton Church on Sunday 20th June and a few days later in Jubilee Gardens Saffron Walden after singing in a Chestnut Group concert there for the Over 60's. Brill – and our choir efforts in the heat pretty good, too.

Straying indoors in early June at a 'Working Together' forum at Anglian Ruskin, we learned of an interesting project at LIFECRAFT on the theme RECESSION/DEPRESSION. Apparently one person in three with a serious health problem is in debt. Where would COPE members see the responsibility of the family? Write a cheque? Wave a big stick? Contact Citizen's Advice Bureau – or If you wish, contact LIFECRAFT on 01223 566957.

Beware poisonous plants in your garden e.g. Foxgloves (digitalis), giant Hogweed, Angel's trumpet, Euphorbia sap, even daffodils, tulips and snowdrop bulbs are poisonous. If you think your child has eaten a poisonous plant or suffered an allergic reaction, seek medical attention from A&E at your local hospital and take a plant sample with you. However, by and large the main cause of injury in the garden is falling off ladders says Guy Barter, RHS head of horticultural advisor

I get plenty of exercise just by pushing my luck and jumping to the wrong conclusion

Our experiences

Some of our generation had to **COPE** with:

- War, bombing, evacuation.
- Rationing
- Growing our own vegetables – (becoming fashionable again.)
- Make/Mend, or do without
- Shortages of all kinds
- Smog.
- Coastal flooding
- Cycling to work – (on the up and up nowadays.)
- Taking our child to nursery or school on our bikes.

COPE-d without:

- Credit cards/store cards
- Two holidays a year – lucky to have two weeks away from work, to do as you like at home.
- All different fast foods available all hours of the day. (The chippie was good enough for us.)
- Seven day, twenty-four hour opening.
- Celebrity footballers/chefs/icons – read as **I con**.
- Gas guzzlers – as the Yanks call, Chelsea tractors.
- Lists of things to do before you … – we don't like this word.

And still managed to **SURVIVE** .

Free swimming for pensioners ends on August 1st

News excerpts from Cambridgeshire County Council

A recent report has revealed BAM Nuttall has missed their own self imposed deadlines to complete work on The **Busway**. The contractor has paid over £6 million in damages for late delivery to date, and will continue to pay almost £14,000 a day until they complete the route to the standard specified.

Cambridgeshire County Council has been highly commended at a National Awards ceremony for its innovative approach to managing the county's **waste**. At the Public Private Finance Awards, the County Council and local waste management company, Donarbon, were celebrated for working together to help meet the challenges of climate change in the county. They came second to the multi billion pound Manchester PFI project.

John Onslow has taken over as Acting Executive Director at the County Council's **Environment Services**. Services range from planning for economic and housing growth, recycling, trading standards, transport, highways and environment all come under his remit.

Last year over a million people visited Cambridgeshire **Museums** and discovered the County's historic heritage. 6% rise in visitor numbers and a doubling of the time volunteers have given shows how dedicated Cambridgeshire Museums are at preserving and showcasing the County's history. Nine of the county's 28 museums are wholly run by volunteers.

A new 'My Cambridgeshire' **web service** is being launched to take the hassle out of finding services and events on your doorstep. The website will make it easier for residents to find a range of local information and services, near their homes. Click on www.cambridgeshire.gov.uk and put in your address or postcode to find out where your local County Council run services are and how to contact them but also information on local services provided by partner agencies, such as the NHS and District and City Councils. Also the service gives information about local community events near by.

A project to create a new **railway station bus interchange** for all buses, including those that will use the guided busway and improve public transport access at Cambridge Railway Station is complete. Bus stops outside the railway station building have returned to normal.

From knitting to creative writing - new afternoon EngAGE courses at Cambridge's Central Library have been launched to give people the chance to try a **new skill** or meet new friends. Every Monday between 2pm to 4pm there will be various courses, events tours and talks to get everyone hooked on a new pastime.

The bus operators have been operating the **new buses** on the existing routes. There are anecdotal reports that the higher quality vehicles are already attracting increased patronage. A pilot of the multi-operator **smartcard ticketing system** is underway on Whippet's buses, and is going well. It is expected that this will shortly be extended to Stagecoach's buses in the St Ives A14 corridor. Stagecoach are now promoting their own period tickets on smartcards, the two systems are fully compatible as they both operate on the ***Integrated Transport Smartcard Organisation (ITSO)*** national standard. This will be the first commercial multi-operator smartcard system in the country and it is hoped in due course to expand it beyond the Busway services to a countywide system. Concessionary passes are already issued as ITSO smartcards and are being used as such on Whippet buses.

♦ Tel: Cambridgeshire Direct on 0345 045 5221 for information on most issues.

The three signs of old age, diminishing memory and – I forgot the other two

The COPE Badge, as worn by COPE Registered Member Number 1 – **Franc Johnson** (£1 each). Size and shape compared to a penny.

Cambridgeshire Police informs:

Pilot Text Messaging Scheme

We are looking into piloting a scheme of sending urgent messages to Neighbourhood Watch co-ordinators. These messages would be sent as a text to your mobile phone and would inform you of incidents such as missing from homes and distraction burglaries, as well as other incidents that require an urgent response so you can then pass on the information to your members.

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Distraction Burglary Information Leaflet

Distraction burglary is when criminals call at your house posing as officials or asking for your help with something. They make up a story to get into your home, and generally target older people. They have just one intention - to steal!

Operation Liberal who are funded by the Home Office and the Energy Retail Association, is a national police unit set up to help catch the criminals who carry out distraction burglaries and they have produced a useful leaflet about how you can recognize distraction burglary techniques and avoid falling victim to these criminals. The Neighbourhood and Home Watch Network can forward you a copy of this leaflet in PDF format if you email enquiries@nationalnhw.org. You can then print copies yourself. Alternatively, if you would prefer, you can order copies directly from Operation Liberal by sending an email headed 'Information Leaflet Order' to opliberal@leicestershire.pnn.police.uk (the leaflets are free of charge at present but there will be a small charge for postage)

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Safe from Scams website

A new website, which can be found at www.safefromscams.co.uk has been set up to help the public learn about scams of all types and how the scams work. It goes into details about why people fall for them and how to make sure you don't, so you don't become a scam victim. From the classics that are still being run regularly, like bill-padding, builders, and chain letters - which still work - to the new ones that keep appearing, things like phishing, mobile phone scams, or those fake lotteries. Please visit the website for more information

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Ask the Police

The Ask the Police website, an official police resource, has been developed to reduce the number of non-emergency calls to police forces. Members of the public can access an extensive bank of police based frequently asked questions. If you have a non-emergency question that you would like to ask the police, you can search a wide range of frequently asked questions on the website www.askthepolice.co.uk You can customise the answers by where you live or the local police force.

Cambridge Housing Society (CHS) has offered to provide extra spaces at its day centre at Alex Wood House, in Arbury, when care centres close at Home Meadow, Toft (shuts August 31st), The Hillings, St Neots (shuts November 30th) and Home Close, Fulbourn (shuts 31st October). New places for the elderly will also be created at Moorlands Court, in Melbourn.

Car Damage (Source: Cambridge News)

A survey by insurance firm elephant.co.uk has found that around 20% of motorist would not own up if they damaged a parked car. The poll showed that 45% had had their own, parked car damaged. With only 15% of those lucky enough to be left the details of the culprit.

- Two thirds would not leave their details if there was no obvious damage to the car they hit – 61% of women and 56% of men would always leave their details if they caused visible damage.
- Only 1% would leave details if they hit a hot hatch, such as a VW Golf Gti
- The most honest drivers are in Scotland, Northern Ireland and South East England.
- 25% of those aged 18 or under would not confess if they caused minor damage to a friend's car, while only 6% of those over 55 would fail to own up.
- Of those who have been a victim of a smash-and-run, around half accepted it as just one of those things, while 9% called the police and 1% sought revenge by damaging the culprit's car.

The moral of this – is only, let the friends you trust drive your car!

You start to feel your age when it takes longer to rest than to get tired

Maintain your aircon (Source: Cambridge News)
The air conditioning system needs regular attention to make sure it is working efficiently. As much as 15% of aircon gas permeates from the system every year, which means that it may not work as well as it should. If this is left untreated your fuel economy will be adversely affected when the air conditioning system is running. The compression unit, which uses fuel, has to work harder in order to generate and maintain the desired vehicle interior temperature. Also the refrigerant gas used contains lubricating oils that help to protect the system, maintain its condition and reduces wear and tear on the working components. Regular servicing can help avoid component failure and potentially expensive repair bills. The benefits are that no matter how hot it is outside you can always keep your cool in your vehicle!

Sheila Devlin, Earith writes on **Car Air Conditioning**: "No wonder more folks are dying from cancer than ever before. We wonder where this stuff comes from but here is an example that explains a major cause of cancer. Many people are in their cars first thing in the morning and the last thing at night, 7 days a week. Do NOT turn on A/C as soon as you enter the car! Open the windows after you enter your car and turn ON the AC after a couple of minutes.
Here's why: According to research, a car interior emits Benzene, a Cancer causing toxin. (carcinogen) Take time to observe the smell of heated plastic in your car. In addition to causing cancer, Benzene poisons your bones, causes anaemia and reduces white blood cells. Prolonged exposure will cause Leukaemia, increasing the risk of cancer. Can also cause miscarriage. Acceptable Benzene level indoors is 50mg per sq. ft. A car parked indoors with windows closed will contain 400-800 mg of Benzene. If parked outdoors under the sun at a temperature above 60 degrees F, the Benzene level goes up to 2000-4000 mg, 40 times the acceptable level. People who get into the car, keeping windows closed will inevitably inhale, in quick succession, excessive amounts of the toxin. Benzene is a toxin that affects your kidney and liver. What's worse, it is extremely difficult for your body to expel this toxic stuff. So friends, please open the windows and door of your car - give time for interior to air out - dispel the deadly stuff – BEFORE YOU ENTER.

Congratulations to COPE member, **Christina Rowland-Jones**, on her award of the **MBE** in the Queen's Birthday Honours, for her services to mental healthcare in Cambridgeshire.

David Jordan, March reports on **What makes a good psychiatrist?** Incoming medical students considering a career in Psychiatry should have an ability to look beyond the diagnosis, to look at the patient and their experiences in a holistic way. A good psychiatrist can be somebody who can pull all the strands together without feeling, one is superior to the other.

Jacqueline Mountford-Green emailed: "In response to News item 8 on page 6 of Newsletter 66 I quote the following letter from Dr Tony Raven to Cycle magazine. 'The two most detailed investigations of accident data in the UK by Hewson found; 'The conclusion cannot be avoided that there is no evidence from the benchmark dataset in the UK that helmets have had a marked safety benefit at the population level for road using pedal cyclists.' It remains the position of the Cyclists' Touring Club that the wearing of helmets should be informed free choice. I personally feel that as the standard helmet claims to provide protection for speeds of up to 12.5mph then anyone likely to 'fall' from their bike would be well advised to wear one. Cyclists colliding with a moving object, of course, need to take the other vehicles speed, as well as their own, into consideration when calculating 'impact speed'.

Nigel Davies, Wicken, reports: **Local groups** need funding to help them with their invaluable job of providing social contact for older people. Most local volunteer groups don't even know grants are available and are certainly not able or willing to complete the near impossible forms. For instance I am required to advise the number of gypsies in the Swallowtails (% only required!) then I have to split them into Romany/Irish and others. The system is set up to persuade most people to give up! But we are made of sterner stuff.

Robert's Factoid tweets

- The colours of **chicken eggs** can be white or brown. Eggshells are composed mainly of calcium carbonate and colour in other birds eggs are mainly for camouflage. The brown colour preferred by consumers, dependent on the breed of chickens and has no added health benefits then the plain white ones.
- The longest recorded flight of a **domestic chicken** was just 13 seconds, but they can run and change direction rapidly to avoid capture. Maybe they can sense the inevitable.
- Sparkling wine and champagne **bottles** are made of extra thick glass to withstand the pressure of 5-6 atmosphere created by the secondary fermentation to make the wine sparkling. Recent research suggests that the method was invented in this country as opposed to the legendary French Benedictine monk Dom Perignon.

Time may be a great healer, but a miserable failure as a beautician

"OUR STRENGTH IS IN OUR NUMBERS" - 6

Heat related illnesses (Source: NHS Advice for health and social care professionals)

- Increased risk of cardiovascular and respiratory illnesses – these cause the majority of excess mortality during a heatwave.
- Heat cramps – caused by dehydration and loss of electrolytes, often following exercise.
- Heat rash – small, red, itchy papules.
- Heat oedema – mainly in the ankles, due to vasodilation and retention of fluid.
- Heat syncope – dizziness and fainting, due to dehydration, vasodilation, cardiovascular disease and certain medications.
- Heat exhaustion – is more common. It occurs as a result of water or sodium depletion, with nonspecific features of malaise, vomiting and circulatory collapse, and is present when the core temperature is between 37°C and 40°C. Left untreated, heat exhaustion may evolve into heatstroke.

Heatstroke – can become a point of no return whereby the body's thermoregulation mechanism fails. This leads to a medical emergency, with symptoms of confusion; disorientation; convulsions; unconsciousness; hot dry skin; and core body temperature exceeding 40°C for between 45 minutes and eight hours. It can result in cell death, organ failure, brain damage or death. Heatstroke can be either classical or exertional (e.g. in athletes).

The **NHS** advises to **keep cool** by wearing loose cotton clothes, spraying or splashing faces and the backs of necks with cold water several times a day and staying in the coolest rooms of the home as much as possible. Windows should be kept closed when the room is cooler than it is outside. The elderly and babies and young children are the most at risk during hot weather spells, so should be regularly checked to make sure they are not suffering.

Fire - Cigarette butts, campfires, barbecues and bonfires should be properly put out – glass is another risk.

Petitions (Source: Cambridgeshire County Council)

- Members of the public can present petitions to the Council provided they relate to its powers and duties, or matters linked to the economic, social or environmental welfare of Cambridgeshire. There is no minimum number of signatures required.
- Petitioners are able to speak on a petition at a meeting where the petition has 50 signatures or more and is received 5 working days before the meeting. The maximum time allowed to speak to a petition is 3 minutes.
- Where a petition has more than 15,130 signatures, the petitioner can ask for it to be debated at a meeting of full Council. The person presenting the petition will be allowed up to 5 minutes to speak. The Council will then be invited to debate the matter(s) raised for up to 15 minutes
- The issue of cheques is down to central government and the banks.

David Hart, Willingham, reports on the Cambridge Council for Voluntary Services event held at Bar Hill

- **Equality Act 2010**, will come into force from October.

Key provision in the act include:
Age Discrimination, Harassment by third parties, Disability, Gender, Sexual Orientation and religion.
David's personal comment is why do we have to put people in separate boxes – why not just say **No Discrimination against Human Beings**. People having titles creates rather than solves the problem.

- **Talk by CANTAB** (Cambridge Campaign for Tackling Acquired Deafness)

When talking to groups or individuals do not turn away, but face people direct. Also be aware of the building size, furnishings and echo. Groups should consider either purchasing or hiring a portable loop system.

- A talk on Aid to the Visually Impaired

Points raised were: make objects visible e.g. white plates, cups, etc on a dark cloth not a white one; felt tip pens for writing notes; rugs and mats should be secure to avoid tripping or sliding; light switches and sockets should be of contrast in colour to walls, if not fix a bright coloured tape around them; make sure no objects are placed in corridors or stairways. There are several gadgets available e.g. large numbered phones, speaking items, things from watches to weighing scales.

- Making a good funding bid when applying for grants or funds – find a funder who **PAYS**

Problem – what is the problem or need; **A**nswer – what is the answer or solution; **Y**our group – why are you the best to do it; **S**how – how will you show it has helped.

- **Funders** – Presentation by South Cambs District Council and the Cambridgeshire Community Foundation. Grants also available from Councils and the Private Sector.

Making ends meet is getting harder,
I haven't touched my toes without bending my knees for years

Payments Council – Press Release

In December 2009 the Payments Council took the decision to set a target date of 31st October, 2018 to close the UK's central cheque clearing system, but only if alternatives have been introduced and people are using them. This will effectively bring an end to the cheque as we know it.

The number of cheques used has been falling since 1990 and if this decline is not managed, some people and businesses may find in future that they are no longer able to use cheques. The Payment's Council's approach is to develop better ways of paying for things before the cheque clearing is closed. The Payments Council is clear that this must include alternatives that older people and disabled people find acceptable.

The Payments Council have already spoken to various representative groups and continue to meet with other groups, such as COPE, to make sure they fully understand the needs of different sections of the community. When the Payments Council's representatives met with COPE Honorary Officers they heard about the older people's concerns and COPE's petition. The Payments Council hope that this article will answer some, if not all, of the concerns people have voiced.

COPE AGM and Forum on Care

Jennie Jenks emailed: "I thought it was one of the best I had attended. Dot Gibson should be given the title 'A National Treasure'. She was an inspiring speaker exposing the Governments indifference to ageist problems. We need people like her! The Forum was excellent. How did you get that panel of speakers together? The Chairman put forward the questions that we have always wanted to ask. I think a lot of people left feeling better for having been there, hearing someone standing up for them and to the indifference expressed by the 'caring' authorities. Several people said to me how much better this meeting was because they could hear the speakers. The sound system was much better. I am sure that COPE has gone up several notches in many peoples opinions."

A member from Over emailed: "Thought you would like to know how much I enjoyed my first COPE AGM. It was well organised and the first lady speaker particularly, was both exceptional and an inspiration. The Q & A session was not only very interesting but also informative and covered many salient points of interest, and the ploughman's was most welcome." She went on to suggest that COPE volunteers wore sashes – what do members think? Can anyone make them?

Audrie Reed, Impington emailed "The whole event was fantastic. I was surprised how many people attended. I had lovely interesting chats about family history and memories with lots of the COPE members. I look forward to having a stand at other COPE events."

Bel Griffiths, Linton emailed: "Thank you for putting on a good show and Forum, it was of interest and helpful."

Doreen Ashpole, Sutton said that she heard members saying that they would be prepared to pay for such a very enjoyable event, which included a lovely lunch. She suggested that a bucket for donations be put out next time.

To help with catering **Robert Sanderson** has suggested a closing date for application of tickets in future.

Rhona Boorman apologises to the nearly 40 late applicants who were not able to get tickets. The insurance had to be extended to cover the extra 30 places we squeezed in, however and very sadly over 20 people who had been allocated tickets failed to notify COPE and did not show up on the day. Over 280 people packed both halls!

Bernice Bright who won the draw for the Evaluation Form, receiving her Harrod's Selection of Teas from Rhona Boorman. Thank you to **Marjorie Boorman**, Chatteris, who donated the prize. Many thanks to the catering team especially **Robert and Eta Sanderson**, **Alice Zeitlyn**, and to all the helpers, Carol & David Bailey, Celia Conway, John Gray, Trevor Grigg, Nita & Jim Haskins, Margaret & Barry Hobbs, Jenni & Tony Jenks, Ted Knock, Lyn Lawson, James Lee, Diana Minns, Doreen Ryan, Jenny Taylor, Helen Thacker, Brian Walker (nominated fire officer) and many others who have not been named.

Thank you to **Maurice Garner**, our Chairman and **Stephen Webster**, COPE Executive member who chaired the panel.

Dot Gibson, Lizzie Cook, Alison Gilbert, Stephen Webster, Mandy Renton, Claire Bruin and Helen Randall

Evaluation Results: 87% said they had the opportunity to exchange ideas; 95% said the Question Time session identified issues of concern; 65% said the panel answered the questions to their satisfaction and 94% approved of the venue and facilities. All enjoyed a superb lunch.

Thank you to Julia, Josh and the staff at the Guildhall who helped make everything run smoothly.

Thank you to the Speaker, Dot Gibson and the Panel members – Claire Bruin, Lizzie Cook, Alison Gilbert, Helen Randall, Mandy Renton and the twenty Display Stall Holders who all helped to create a fantastic buzz and a very successful event. Thank you to the representatives from the five districts who supported COPE at our event. Thank you to **Andy Campbell** and Stagecoach for supporting COPE with its "Best Bus Driver Award and rewarding **Bob Withers**, the driver who received the most votes from our members. Thanks to David Bailey-photographer.

Finally thank you to all those who donated some lovely gifts for the raffle and Bring & Buy stall, sale of liquid refreshments and payments from the stall holders, which helped to increase COPE funds by £550.

We know most of the answers but no one asks the questions

"OUR STRENGTH IS IN OUR NUMBERS" - 8

News, Views and generally accepted interesting facts in Brief – from **Rhona Boorman, David Hart** and **Margaret Hobbs**

♦ Simon Parr has been appointed the **new Chief Constable** of Cambridgeshire. Mr Parr is 49 years old and has 27 years police service. The force has put a freeze on staff recruitment.

♦ Cambridgeshire **Police Force** paid out almost £30,000 in damages in three years for compensation claims.

♦ Millions of elderly people and residents of rural areas are to be helped to join the **internet age** by 'digital champion' Martha Lane Fox.

♦ A survey shows that there has been a drop in the number of patients who can get a **GP appointment** within 48 hours – one in five patients had to wait longer to see their doctor.

♦ A survey by Canadian researchers at McMaster University in Ontario, have identified the fatal five **stroke factors** – blood pressure, smoking, obesity, diet and lack of physical activity. Diabetes, alcohol, stress, heart disorders and fat molecules account for a further 10% of the risk.

♦ Stress and anxiety can make it harder for wounds to heal, changes in levels of the **stress hormone** cortisol reflected the differences in healing speed.

♦ Doctors Out of Hours Cover - CAMDOC has changed its name to **Urgent Care Cambridgeshire**. The out of hours service remains the same but with a new telephone number 0330 123 9131

♦ **Holiday Vaccinations** - Make an appointment at least 6 weeks before you travel to make sure you get full protection

♦ **East Anglian Air Ambulance** - This year the EAAA celebrate their 10th.Anniversary.
None of us know when we may need emergency treatment. The EAAA is a worthy cause which relies solely on donations and fund raising efforts. One way they can be helped is by entering in their lottery. Not only helping them but giving yourself a chance of winning a money prize. The Lottery team contact number is 08451 307676.

♦ Patient Advice & Liaison Service (**PALS**) available on 0800 013 2511. For fast action at Addenbrooke's ring COPE.

♦ According to Lloyds pharmacy, the average hay fever sufferer will spend almost 10 days of their life sneezing.

♦ Harvard Medical School research found that living in a home that has **mould** can increase the risk of serious asthma.

♦ A study in the US says that drinking more than four **cups of tea** a day increases the risk of developing rheumatoid arthritis, while drinking coffee had no impact.

♦ Figures released under the freedom of information laws show people too **fat** to work share in £150m a year in benefits

♦ Ofgem has promised to stop energy companies charging a premium to customers who pay by cash or **cheque.**

♦ The **coldest winter** for nearly 30 years has cost British gardeners an estimated £50 million in lost plants and flowers. The most susceptible were tree ferns, cordyline palms, dahlias, rosemary, honey euphorbia and eucalyptus. Severe frosts cracked many ornamental pots.

♦ Shoppers have been warned to be on their guard against a spate of **distraction thefts** in supermarket car parks – just as they load their shopping into their vehicles.

Representatives from the five Cambridgeshire districts would like members to help them with activities or send them **local information** for the Newsletters. If you would like to help with events e.g. meet for lunch, pub quiz etc in your area then please contact your local COPE representative. Please telephone the COPE office if you wish someone to talk to your group about COPE. COPE is a self-help group, with a current membership of 2,728 – after nearly seven years COPE still does not have finance for paid staff or office! Any donation towards our office fund would be much appreciated.

News from <u>COPE in the City of Cambridge</u> from **Doreen Ryan** – Membership 1455
Tel: **Doreen** on 01223 500623 with your interesting snippet

- Over 2,000 **bikes** are stolen in Cambridge each year.
- Pub giant J D Wetherspoon has re-opened the **Graduate Barfly** in Chesterton Road after a £1.1 million revamp. The new name – The Tivoli, will hark back to the name of the cinema which once occupied the building. Some 44 new jobs have been created.
- The re-vamped Scott Polar Research Institute has just opened the **museum** in Lensfied Road to the public. Visiting hours are from 10 a.m. to 4 p.m. Tuesday to Friday, entry is free.
- Both the junior and senior schools at St Mary's all girls School in Bateman Street received glowing **praise** from the Independent School Inspectorate.
- According to a survey by Health Insurer National **Friendly**, Cambridge is the 3rd in the UK's friendly index with 52% of people admitting to regularly saying hello to people in the street. York came 1st.
- An electric **bike pool** scheme has been launched at Cambridge Science Park to reduce congestion and car use. Workers will be able to borrow a powered cycle for business trips in the area as part of a project called Travel Plan Plus.
- 5,000 revellers enjoyed a football themed carnival this year, the Arbury **carnival** started with a parade through the streets of North Cambridge involving stilt walkers, cheerleaders and a steel band, then the crowd enjoyed various attractions e.g. belly dancing, street dancers & local bands.
- A major refurbishment costing £135,000 has been spent on the **Castle Pub** in Castle Street, the landlord says they have kept the traditional feel to the pub.

The 3 ages of woman youthful bloom, mature beauty and 'You are looking wonderful'!

- A new **Post Office** in King Street has opened, it replaces the one that closed in Trinity Street.
- Shifting the clocks forward one hour would save hundreds of tonnes of **carbon dioxide** each year, according to researchers at Cambridge University. It would be the equivalent of taking 200,000 cars off Britain's roads. It would put us on central European time.
- **Soldiers** of the Royal Anglian regiment the Vikings, many of them from Cambridgeshire received a heroes welcome when they paraded through the streets of Cambridge, thousands of people packed the streets when they marched from the Shire hall to the Guildhall. Lt. Col. James Woodham their commanding officer described the turnout as extraordinary and said it meant so much to the troops.
- Shock for staff at a kitchen and bedroom shop when a female Muntjac **deer** ran into the shop through a open door before ending up in the kitchen area. The poor animal was terrified and the RSPA was called. They checked the deer for injuries before releasing it back into the wild.
- There will be an extra reason for women's Race for Life this year as a performance from the hunky Nivea men only **cheerleading group** will be appearing at the race, the men are touring the Race for Life throughout the U.K. events throughout the summer and will be setting tongues wagging with their high kicks, swinging hips and funky outfits.

COPE in East Cambs from **Nigel Davies** and **Doreen Ashpole** - Membership 218

Contact **Nigel** – 01353 721037 or **Doreen** on 01353 778098 with your news.

- **Forum** in East Cambs on Wednesday 6th October – watch this space for more details.
- **Stroke** victims receive extra physiotherapy classes at the Princess of Wales Hospital.
- 'Saddle up to get fit' – the sports development team and the local equestrian centres state that **horse riding** is a great form of exercise. Telephone 01353 665555 for information.
- **Empty homes**, which have been vacant for more that six months, will be given a new lease of life under a new scheme being launched in Soham. Owners of unused or derelict properties in the town can apply for grants under the "Empty Homes Project", which has already helped refurbish a number of empty homes in Littleport since it was launched last year. Residents can apply for financial assistance of up to £30,000 per property, as a grant of £10,000 and loan of up to £20,000. However if you sell the home within five years, you will have to repay all the money. For information email john.merryweather@eastcambs.gov.uk or call 01353 665555.

COPE in Fenland from **David Jordan, Mavis Cooper** and **Peter Pryke**- Membership 86

Tel: **David** on 01354 655786 or **Peter** on 01945 466915 with your news.

- Summer **Tea Party** on August 18th in Chatteris. Tel: **Marjorie** on 01354 693258 to book.
- **Careline** – a telephone helpline for the carers of those with severe and enduring mental illness can be accessed 24/7 on: David – 01354 655786 or on mobile 07860 589758 or Chris on 01223 359012
- A **mobile gym** facility will tour Fenland addressing the health inequalities across the district this year. It will be at Furrow Fields car park in Chatteris every Sunday this Summer.
- The closure of the Wisbech **Driving Test Centre** means that people will now have to travel to Kings Lynn to take their driving test.

COPE in Huntingdonshire from **Gerald Collins** – Membership 144

Tel: **Gerald** on 01480 370808 with your views

- After a short Summer break the following **meeting dates** will be September 10th and October 15th - Venue to be announced.
- The **Bobby Scheme** has been very successful; it covers a wide range of advice on how to protect your home. For some of us the aids they discuss can be provided free under a Government Scheme.

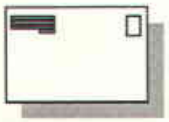
COPE in South Cambs from **Margaret Hobbs** and **David Hart** – Membership 825

Tel: **Margaret** on 01954 210652 or **David** on 01954 260204 if you wish to contribute

- Some villagers have been issued with 30 m.p.h. **stickers** to put on their wheelie bins, these were supplied by the police and council. If you were issued with these please stick them to the sides of your bins so that at least once a week motorists will be reminded of speed limits and hopefully help to reduce speeding in our villages.
- Waterbeach is soon to have its own **artist** in residence
- Wood Green **Animal Shelter**, at Godmanchester. is set for a £3.6 million revamp. It opened 26 years ago.
- An **estate agency** has opened its new offices in an old pub building at Sawston
- Concerns were voiced over the clean up work on a former **chemical factory** site in Hauxton.
- South Cambs District Council was found to have streets, which fell below an acceptable level of debris (28%) but only 1% below acceptable levels of **rubbish**.
- In April alone, £170,000 worth of **grant funding** was awarded to 40 organisation that work to benefit South Cambs residents.
- Please fill in the Community **Transport survey** on page 8 of the South Cambs magazine – freepost.

The Doctor finds it very easy to treat me
It is either something I have to live with or have to live without

"OUR STRENGTH IS IN OUR NUMBERS" - 10



Snippets from the post and news items – Send in your letters to the Editorial team

COPE member, **Sir David Trippier**, was quoted in the Cambridge News recently "Whatever happens, people must not be too gloomy about the future. Hard times are no doubt ahead." He goes on to add "the past is history, the present is a challenge, and the future is an opportunity."

Eta Sanderson writes: "If you are looking for a personalised greeting card and not computer conversant - let's face it most of us aren't. There is someone on Cambridge Market who will provide a card and in a few minutes personalise it with a message of your choice naming the recipient and mentioning the occasion ."

Alexander Morrow, Somersham "I wonder if any members with Caravans would be interested in The Heyday Caravan Club. It is a caravan club for older people and they hold about six 5 day rallies in various parts of the country every year. The Web site is WWW.not2old.org and telephone no. is 01205 36 37 80 or if you prefer ring me Alexander Morrow on 01487740648 for information."

Anne Freeman wrote: "I saw on the news that a lady parted with a large amount of money in cash, for a repair to her house. A man who knocked on her door to tell her she needed some repairs done to her roof. He turned to be a rogue trader. Please be careful and do some research first, ask your family, friends and neighbours if they have knowledge of his work. I am informed that trading standards have lists of recommended and trusted workman - IF YOU ARE NOT SURE, PLEASE CHECK FIRST."

Ian Tyes emailed: "A majority of older people do not want to be forced to retire at 65, according to a survey by SAGA magazine. The coalition government has announced proposals to scrap the default retirement age. The number of people saving enough for their retirement has fallen by 6% to 48%, according to a survey by Scottish Widows." **Ian** went on to point out "Lengthy waiting times at Addenbrooke's Hospital have been highlighted by a new poll of patients. Cambridge University Hospitals NHS Foundation Trust, which runs Addenbrooke's and Rosie Maternity Hospital, performed poorly when patients were quizzed about how long it took to be treated. The trust was rated in the worst- performing 20% of trusts on the time it took patients to gain a bed on a ward."

Mike Barry, Waterbeach emailed: "As a COPE member, I have been working as a volunteer with shopmobility for about two years (see newsletter 68) You meet some very interesting people.

Yolande Smith emailed: "I took the website advice of Help the Aged (now called AgeUK) and had a Minivator straight stairlift installed in July 2009 at a cost of £2700. I was recently telephoned by Minivator who said that the service and repair warranty would come to an end in July this year. I was told that a years' extended warranty would cost me £230 or £381 for 2 years. The AgeUK website glosses over what I consider to be excessive these amounts being charged. It seems to me that either Minivator are not confident of the durability of the lift or, alternatively, are prepared to fleece their captive disabled customers. I emailed AgeUK and a young man phoned me attempting to justify the situation. I am extremely disappointed by both AgeUK and Minivator.

Audrey Campbell: Following receipt of the newsletter I would like to say that despite the cancellation of the trip to the Birmingham for Cope members Richmond's informed us promptly and we were then transferred to a coach for a visit to the NEC. Despite the rain we had a good time and Richmond's provided their usual good serivce. No-one need fear the change as the staff at Richmond's are very kind and helpful and this must have lifted an enormous burden from your shoulders.

Joseph Lucas emailed: "Retired guitarists and vocalists, are welcome to join us, on Thursdays, between 10.30am - 3pm in Cambridge - just to make music. Amps, instruments & tea\coffee provided. 07715 834307

Jacqueline Glenmere emailed "Trudi (see newsletter 68) was asking for advice about Black Depression because the treatment that she is receiving is not working. I have never heard of this particular type of Depression but would advise anyone who feels that, the treatment they are receiving is not working, to go back to their GP. Trudi might find that keeping a journal identifies triggers or coping mechanisms. Talking to The Samaritans may help but if the depression is due to a bereavement or loss, a CRUSE volunteer would be more specific. Samaritans: 08457 909090. CRUSE: 08444 779400 (Cambridge Branch 01223 302662).The important thing to remember is that most depressions can be managed but some management takes longer to find than others." She goes on to say "Arnold (newsletter 68) was asking for sporting stories. I ride with the local Group of The Cyclists' Touring Club who now have regular rides on Tuesday and Thursdays, two on Sundays, one on Wednesday evenings and an occasional one on Saturday afternoon. Do check out the website for stories of rides etc. Occasionally we go away for longer periods and eleven of us have just had a week of cycling in Provence where we cycled a couple of km each day and up Mt Venteux (1912 meters) on the final day.http://site.ctc-cambridge.org.uk/index.html"

Tina Wilkinson emailed: "Whilst I realise that cuts have to be made in all directions, but I have enjoyed my regular swims to keep me fit and thus (hopefully) save the NHS money in the future. There are many solvent pensioners who can probably afford to pay for regular swimming and will not be that affected. PLEASE push for this particular benefit to be means tested so that those on benefits - who after all are most likely to suffer health problems - can carry on trying to keep themselves healthy both physically and mentally.

John Marais emailed "I believe the elderly can benefit a lot from the local library – including from their computer service." COPE has been informed that a public consultation will be launched shortly.

From the Daily Telegraph: "600 of the 820 **Government websites** will be closed, saving £100 million.

At our age, there is no need to avoid temptation it will avoid you

"OUR STRENGTH IS IN OUR NUMBERS" - 11

Celia Kenney

B.Sc. (Hons) Podiatry, M.Ch.S, S.R.Ch
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To get your copy of the Forever Active brochure and a voucher to attend one of the sessions for free (quote COPE) contact Helen Johnston on 01223 457000 or look on the website www.forever-active.org.uk

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"OUR STRENGTH IS IN OUR NUMBERS" - 12

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Call 01223 714433 for more information

Welcome Home also needs volunteers to offer practical and emotional support to people for 2 -3 weeks after discharge from hospital. Volunteers do tasks like shopping, picking up prescriptions and helping people regain their independence after a hospital stay. This is a volunteering opportunity which can fit around your other commitments. Training and support is given, and expenses paid. If you would like further information please contact us on 01223 714433.

Care Network Cambridgeshire also provides free help, support and advice to set up and run village schemes like community car schemes, lunch clubs, visiting schemes and independent warden schemes.

Does your community have a need? Please contact us on **01954 211919** for more information.

Care Network Cambridgeshire is a registered charity no: 1120693

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All items are considered, however the Editorial Team reserves the right to amend articles where necessary. The Editor regrets that it is not normally possible to enter into correspondence with individual readers and all letters, emails and other submissions received are assumed to be for publication.

Advertising Rates Please send advertising requirements with a cheque made payable to "COPE" to the Editor	To insert pre-printed leaflets/flyers on quotation (Special rates for Charities)	Full Page	Half Page	Quarter Page
	Per Issue	£70	£40	£25
	Annual Rate on request			

Please support COPE's work financially by taking out an advert in our Newsletters

- **Ely Magistrates Court** is earmarked for closure. It is one of 103 and is described as 'underused and inadequate'. Defendants would have to travel to Cambridge for their cases to be heard. Her Majesty's Court Service (HMCS) is now asking for the public's views. The deadline for comments is September 15th . To have your say go to www.justice.gov.uk/consultations/consultation-cp02-10.htm
- The **Ely and District U3a** (University of the Third Age) has a group for almost every interest such as Opera, Bird Watching, Antiques, Gardening and Wine. Various trips are also arranged. Membership is now open for 2010/11. Meetings are held on the first Tuesday of every month at Countess Free Church Hall in Chapel Street, Ely at 2.30pm. For more information call Barry Scott on 01353 661944 or visit http://u3asites.org/ely
- The **Cambridge Cancer Help Centre** will re-open on 1st September at Scotsdales, 120 Cambridge Road, Shelford, Cambridge CB22 5JT Tel: 01223 840105. Courses entitled 'New Perspectives' (formerly called 'Living with Cancer') will be run by Janet and Judy throughout the year. Each course lasts six weeks and is held on Monday mornings. The next one will start on 13 September. It is free of charge. To book in, contact Janet on 07866331782 or Judy on 07922126508.
- A series of films recorded at the **Royal Opera House** and the Globe Theatre are planned to be shown at the Vue Cinema, Grafton Centre, Cambridge. 16th & 17th August - Barber of Seville (Source: **Doreen Ashpole**, Sutton tel - 01353 778098)

Events for Senior Citizens in Cambridge
Tea Dances (pay on the door of the Guildhall):
Bob Watts – September 1st and November 17th; Leigh Murfet – October 11th and December 14th
August 18th – Cream Tea Cruise on the Riverboat Georgina
September 7th – Mayor's Day out Silver Jubilee 2010
September 29th – Bletchley Park Guided Tour
Tickets and further information available from the Corn Exchange Box Office on 01223 357851

From **Peter Pryke**, Leverington over 60's Friendship Club.
"We had incident in our venue at our last meeting when one of our wheelchair bound lady members reported that the ladies toilets had not proper disabled facilities and she had hurt herself in trying to turn round in a small space. I reported the incident to the club steward, but since I wondered how many other club's have similar situations.
Our River Trent cruise/coach outing went well, except for the food. The lunch of roast beef was a slice of processed beef, which was not as enjoyable as the one we had on our first lunch/cruise several years ago."

Teacher to class "Do you know what good clean fun is?"
Bright pupil "No sir what good is it?"

"OUR STRENGTH IS IN OUR NUMBERS" - 15

Join Rhona & Robert on these COPE trips organised just for COPE members:
Tuesday 7th September – Olympic Site Tour with a professional guide on board the coach showing the developments for the 2012 Olympics, stopping for a fish and chip lunch. All inclusive price **£35.00 p.p.** Coach pick-up times: St Ives Bus Station 9 a.m.; Mansel Way 9.30 a.m.; Mill Road 9.45 a.m.; Anstey Way 10 a.m.

Tuesday 30th November – Thursford Christmas Matinee Show includes 2 course Christmas lunch at Fakenham Race Course - **£64 per person.** Coach pick-up times: Anstey Way 9.45; Mill Road 10 a.m; and Mansel Way 10.15

Cheques can be made payable to '**RICHMOND'S COACHES**'. They also take all major credit and debit cards. Bookings can be made direct with Richmond's Coaches, and they will send each passenger a booking confirmation. Contact: **Natalie Richmond**, Tour and Excursions Manager, Richmond's Coaches, The Garage, Barley, Royston, Herts SG8 8JA. Telephone: **01763 848226**

(Prizes for **Raffle** in aid of COPE funds are welcome on the above COPE trips)

Leverington Friendship Club, near **Wisbech** invite COPE members to join them on their coach outings Wednesday **1st September – Skegness - £8.50**; Wednesday **27th October – Bury St Edmunds** for shopping - **£5.50** For pick up points and further enquiries please telephone COPE member, **Peter Pryke**, on 01945 466915.

Cambridgeshire Companions, a social club for the over 50's - telephone **Celia Conway** on 01223 523680
Friendship Club monthly meetings – telephone **Tony Cassidy** on 01223 812605
Healthy walks - telephone **Trevor Grigg**, Whittlesford on 01223-834500 for information
Breathe Easy Cambridge (part of the British Lung Foundation) – helps family and friends of sufferers - telephone **Jean Sleap**, Waterbeach on 01223 697439. For **Breath Easy Fenland** contact **Sylvia Mansfield** on 01354 651821
Over Friendship Club meets first Thursdays of the month – telephone Gill Sutton on 01954 200516
Yoga at **Harston** Village Hall on Friday mornings and **Cambourne** at the Hub on Wednesday Mornings (we are changing to Cambourne Church in September) – for details and a free taster session contact **Veronica Goswell** on 01223 503088
Chinese Birthday Lunch – **August 26th** 1 p.m. - at the Cambridge Chinese Community Centre, Sturton Street, Cambridge – only **£3** **Telephone Jonathon** on **01223 365228 to book** - Free for June birthday members!
COPE **singles lunch for members** in **August 15th** at 12.00 noon at The Hungry Horse, Milton Road, Cambridge – 3rd Sunday of the month. Telephone **Jean Farrington** on 01223 503867 or **Shirley Allanson** – 01223 423905 to book. If you find yourself **on your own** why not join Jean & Shirley and other COPE members on **August**.
COPE ***PUB QUIZ*** Night organised by **Alan Giles** –the Question Master for **August 29th** will be the winner at the June session. Join COPE at **7 p.m.** at The Carlton Arms, Carlton Way, Cambridge. Congratulations to the raffle winners.

Friday October 1st - 2-5 p.m.– celebrate International Day of Older People – **Autumn Jazz Party** with **Rosie Val and the Cambridge Jazz Company** at **Willingham Social Club**, Fen End CB24 5LH. Tickets **£5** – Bar & Raffle (Citi 5 bus runs from City Centre stop E4. Time tables available from Drummer Street office)

Friday 7th January - "**Lets Get Together**" to celebrate the New Year with **Billy G** at the **Royal British Legion Hall**, Saffron Road, **Histon** CB24 4LJ, 7 to 11 p.m. Tickets £5 – Cash Bar and Raffle

Please fill in the section below and return to 40 Stretten Avenue, Cambridge CB4 3EP for your ticket/s. Send a cheque to "COPE" at £5 per person for ticket/s to the **Autumn Jazz Party** or the **Lets Get Together** event. Telephone Rhona 01223 364303 for further details

Name:_____ **Address:**_____ **Post Code**____
Membership No_____ Number of Tickets required___ for event (name) ____ I **will/will not** bring a Raffle prize.
All donated raffle prizes are much appreciated and profits go towards COPE funds

Web: www.cambridgecope50.org Email: **cambridgecope@hotmail.co.uk** **Registered Charity No. 1110887**
Honorary Officers: Chairman Maurice Garner; Vice Chair Robert Sanderson; Secretary Rhona Boorman; Treasurer Robert Boorman
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